2024 MENTAL HEALTH AWARENESS WEEK

The purpose of this calendar is to diminish the stigma associated with mental health and recognize the potential for hope and recovery through individual and community efforts.

Plain text version available at go/MHAWplaintext/

Monday 11/4

5-day Gratitude Challenge Kick Off
Sign up at go/gratitudechallenge/

Sign up to receive a weekday, daily email prompt to explore a different area of gratitude. When we express gratitude it can improve our mood and help us cope with difficult experiences

Through the Noise
12:00-12:45pm
Mitchell Green Lounge

In the midst of challenging world events and political turmoil, let's take time to pause and practice compassion for ourselves and each other.

Operator's Manual
3:30-4:30pm
Mitchell Green Lounge

Sometimes getting yourself to do a project is harder than the project itself. Start building expertise on how your mind works. We will get familiar with the prefrontal cortex to be strategic in how to get started, follow through, and begin again when things don't go as planned.

Tuesday 11/5

Shred Your Worries
11:30-1:00pm
Atwater Dining Terrace

Find yourself being bombarded by worry? Try out this fun way to take a break from your thoughts. Shred them with us!

De-stress with balloon painting
2:00-4:00pm
Outside of the Prism Center

Come by the Prism Center and create community art in an act of de-stressing-throwing water balloons full of paint!

Visit with Milo the Therapy Dog!
4-5pm
Davis Family Library Lobby

Stop by for some time with one of Middlebury's certified therapy dogs, Milo!

Aikido in Everyday Life
4:30-5:45pm
Goldsmith Lounge, Athletics Complex

Read more about this new group here.

Wednesday 11/6

Messages of Hope - Yellow Tulip Paper Garden
10:00am-12:00pm
BiHall, Great Hall

Did you know yellow tulips are a symbol of suicide prevention and mental health promotion? Come make an origami yellow tulip to add to our messages of hope and support garden or take with you to share with a friend.

Stress Less BINGO
On Your Own Time

Complete this fun activity to get inspired about new ways to manage stress!

Light Therapy Lamp Demos
4:00-5:00pm
Health & Wellness Education Office (ground floor below Ross Dining)

Curious about light therapy?! Come to the HWE office to learn more about these resources. Make some tea, bring a friend and hang out under the light for a bit!

Thursday 11/7

The Huddle
12:30-1:30pm
Atwater Seminar Room

The Huddle is an opportunity to gather with other student athletes to explore challenges and nurture well-being

Letters to Loved Ones with Hot Cider and Pie!
7:30-9:30pm
Hosted by Mental Health Peer Educators
Davis Library Room 230

Did you know writing a letter to someone you care about can boost your and their mental well-being? Take some time to write a letter to someone you care about. Stationary, stamps and pens provided! Enjoy some hot cider and pie too.

Friday 11/8

Morning Tea Time
10:00-11:00am
Prism Center

Questions about counseling? Ideas for support? Curious about mental health resources? Want to talk about pets? Just want to drink tea?

Fresh Check Day "Checking in on Midd"
1:00pm-4:00pm
Wilson Hall, McCullough

An uplifting mental health promotion and suicide prevention event that includes interactive expo booths from student groups and multiple campus departments and community connection. Enjoy free food, performances and be entered to win: Nintendo Switch, Squishmallows, Learn to Crochet Kits, JBL Speakers and more!

Brought to you by the offices of Health & Wellness Education and Counseling with many other contributors.
To contribute to future calendars email: healthandwellnessed@middlebury.edu